

Corner Brook Status of Women Council

NEWSLETTER - May 2020

Stressed?

A few years ago the National Post reported that nearly half of all Canadians were struggling with stress and/or anxiety. Today, I would be skeptical of anyone claiming they are not struggling with at least some stress and anxiety. It is difficult to remain unaffected by the ever escalating numbers of those infected and those who have succumbed to the disease. For Atlantic Canadians, last week's tragedy in the small community of Portapique, Nova Scotia, rocked the foundation of small town life. During those terrifying 12 hours we lost more lives than covid has claimed in the Atlantic provinces thus far.

Regardless of any personal connection to these events, simply seeing and hearing the stories can be traumatic. As a society, the past two months have been traumatizing and that is stressful.

Besides trauma, our collective new normal is full of stress. Parenting is stressful, parenting every minute of every day is more stressful. Working is stressful, working while risking exposure to a pandemic is more stressful. Creating a work-life balance is stressful, working full time from home while being a full time caregiver is more stressful. Finances are stressful, finances after being unexpectedly laid off is more stressful. Not spending time with your best friend is stressful, not spending time with any of your friends, extended family or co-workers is more stressful. Our old

normal was stressful, our new normal is more stressful.

Everyone has experienced stress at some point in their lives and most would assume that they know the signs and symptoms of stress, however, there are some signs and symptoms that might surprise you. Some emotional symptoms of stress can include agitation, moodiness, frustration, feeling overwhelmed, feeling lonely, feeling worthless, feeling depressed, feeling unable to relax and feeling antisocial.



Physical symptoms might include low energy, headaches, upset stomach, including diarrhea, constipation, and nausea, aches, pains, and tension, chest pain and rapid heartbeat, insomnia, frequent colds and infections, loss of sexual desire and/or ability, nervousness and shaking, ringing in the ear, cold or sweaty hands and feet, dry mouth, difficulty swallowing, clenched jaw and grinding teeth.

Possible cognitive symptoms include constant worrying, racing thoughts, forgetfulness, disorganization, inability to focus, being pessimistic and poor judgment. Behavioral symptoms could include changes in appetite, procrastinating, exhibiting more nervous

behaviors and increased use of alcohol, drugs, or cigarettes.

If you are experiencing or struggling with these or other symptoms of stress, there are things you can do right now: take care of your physical health, take a break, avoid or limit drugs and alcohol, stay virtually connected to friends, family and community, and reach out.

Here in Newfoundland there are some great resources for reaching out for help surrounding stress and mental health. The mental health crisis line (1-888-737-4668) and <https://www.bridgethegapp.ca/> are always available. CHANNAL also offers a peer support warm line (1-855-753-2560) from 10 am to midnight daily.. Stay home, stay safe, take care of yourself and be kind to yourself.

Upcoming:

May is Mental Health month.

Tuesday May 5th - International Midwives Day. Honouring the vital role that they play in providing health care around the world.

Sunday May 10th - Mother's Day. Please make the time to celebrate all the mom's in your life and make Mother's Day extra special this year.

Tuesday May 12th - International Nurses Day. This year's theme is nursing the world to health. This theme was decided on last year but couldn't be more fitting.

Friday May 15th - International Day of Families. Advocating strong families as a building block for strong communities.

Monday May 18th - Victoria Day. Please enjoy the holiday long weekend safely.

In Loving Memory:

Tom Bagley

Kristen Beaton

Greg Blair

Jamie Blair

Joy Bond

Peter Bond

Corrie Ellison

Gina Goulet

Dawn Gulenchyn

Frank Gulenchyn

Lillian Hyslop

Alanna Jenkins

Lisa McCully

Sean McLeod

Heather O'Brien

Jolene Oliver

Constable Heidi Stevenson

Elizabeth Joanne Thomas

Aaron Tuck

Emily Tuck

Joey Webber

John Zahl